

Member Guidelines and FAQs

- Masks must be worn at all times per New York State mandate.

Please Don't Use The Club If:

- You are sick or have experienced symptoms of Covid-19 in the past 14 days:
- Fever/chills
- Dry cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- You have had a positive Covid-19 test in the past 14 days.
- You have had close contact with a confirmed or suspected Covid-19 positive case in the past 14 days.

NYS Mask Policy:

- As per State requirements, masks must be worn at all times.

Using The Locker Room:

- Please maintain a 6 ft. social distance while waiting to enter the lavatories and approach the sink area.
- We recommend that you wash your hands regularly while visiting the club.
- Please leave valuables at home while our facilities are temporarily restricted.
- Showers, sauna, lockers, and seated vanities are temporarily unavailable.
- Members may want to consider the use of a waist belt/bag or small gym bag to carry their phone or wallet. A limited number of bags may be available for purchase at the front desk.

General Reminders:

- Remember to clean equipment before and after you use it, including weights, bars... anything you touch.
- Don't congregate at the front desk, lobby area, or anywhere else throughout the club.
- Take turns entering and leaving the building to maintain social distance, especially in the vestibule and through the locker room.
- Latex gloves are not required, but some members like them.